

# *Gerontological Nursing*

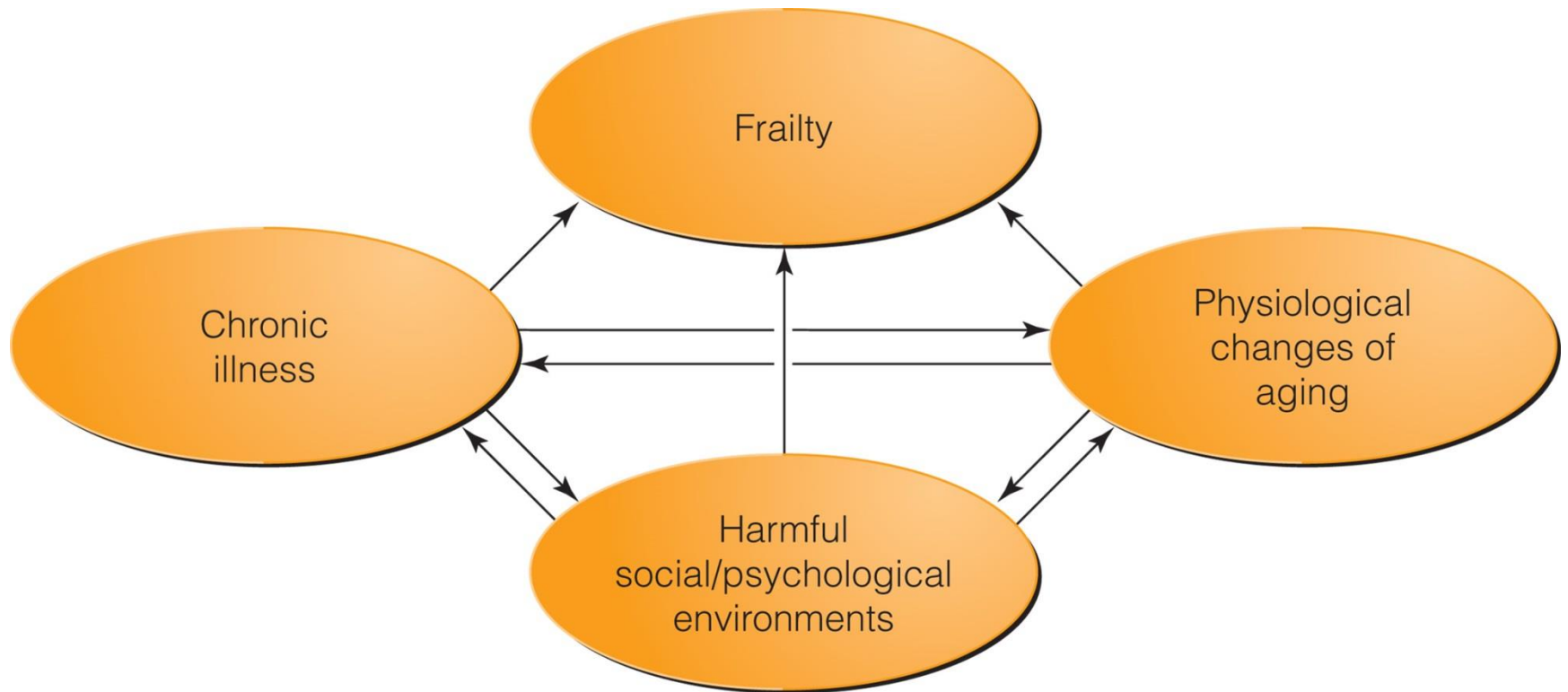
## *Teaching for Elderly Clients & Their Families*

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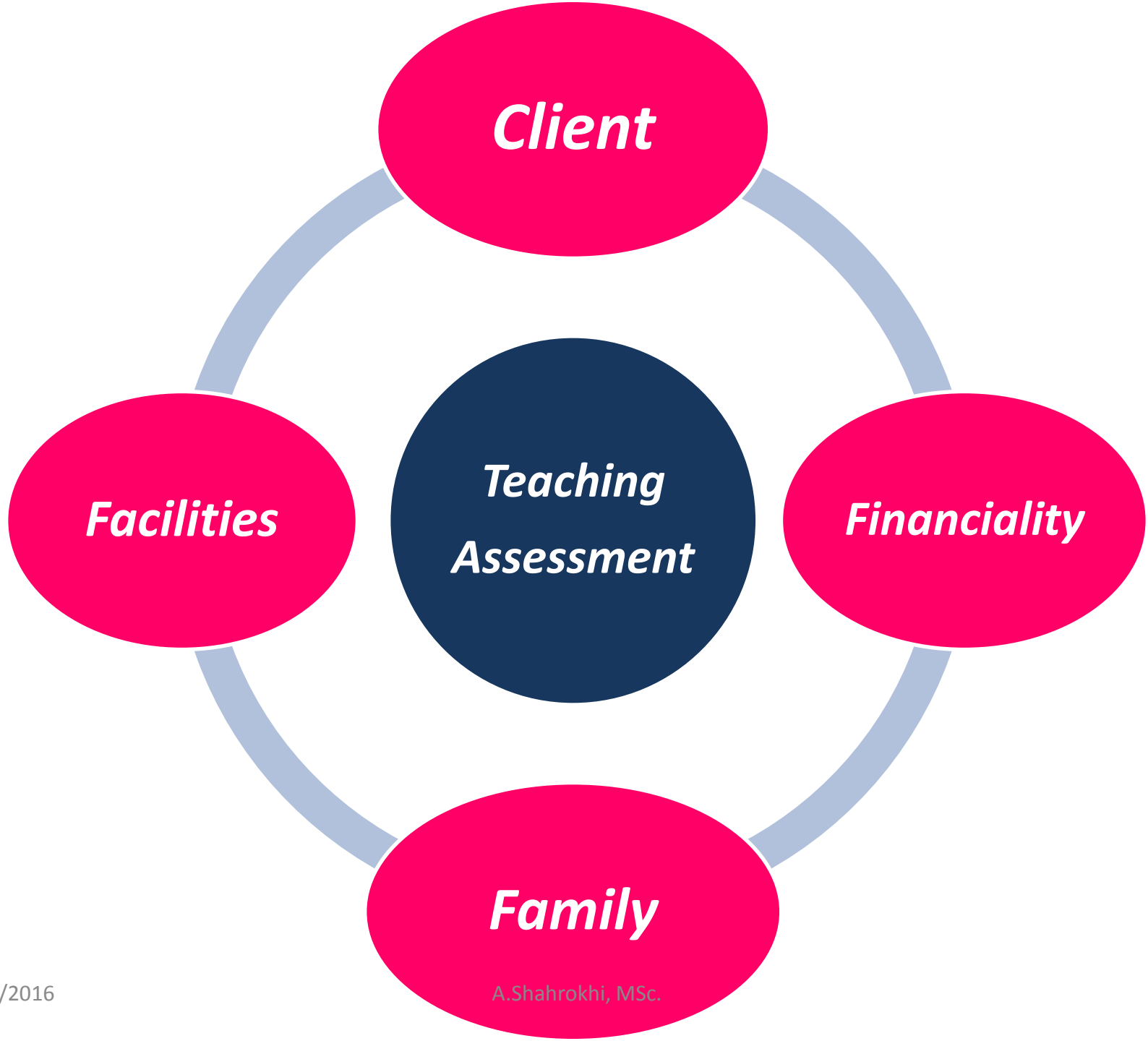
**Figure 24-1** Causes of frailty.  
*Source:* Adapted from Albert, Im, & Raveis (2002).



*Why  
old-aged  
need  
teaching?*

# ***TEACHING***

***helps elderly to be motivated,  
then to be abled to  
change their lifestyle,  
to adapt/cope  
with their  
conditions & limitations.***



# Teaching Assessment:



## **Client:**

- ✓ **Literacy(reading, understanding, IT skills)**
- ✓ **Social life(friends, neighbors,...)**
- ✓ **Cultural diversity(language, ethnicity,...)**
- ✓ **Stress(anxiety, pain, discomfort , fatigue, sleep deprivation, stress reducing techniques,...)**
- ✓ **Morbidities(physical&psychological illness, medications, disabilities, ...)**
- ✓ **Living style/facility(home, isolated, nursing home,...)**

# ***Gordon's Functional Health Patterns:***

- ***Health Perception-Health Management***
- ***Nutritional-Metabolic***
- ***Elimination***
- ***Activity-Exercise***
- ***Cognitive-Perceptual***
- ***Sexuality-reproductive***
- ***Sleep-Rest***
- ***Self Perception-Self Concept***
- ***Roles-Relationships***
- ***Coping-Stress tolerance***
- ***Values-Beliefs***



# *Teaching Assessment:*

## *Family*

❖ *Family structure*

❖ *Relationships*

❖ *Interest & motivation*





# ***Teaching Assessment:***

## ***Facilities & Environment:***



- ❖ ***Urban, Rural, governmental,***
- ❖ ***Home safety(stairs, toilet & bathing facilities, handicap accessible, grab bars)***
- ❖ ***Food shopping***
- ❖ ***Transportation***

# ***Teaching Assessment:***

## ***Financiality***

✓ ***Income(retired, family support,...)***

✓ ***Insurance***





- \* What do elderly want to learn?
- \* What do they need to learn?

- \* What do you want them to learn?

*When you can  
answer their questions and  
satisfy what they see as important,  
then  
they can listen and focus  
on what you are saying,  
and potentially learn  
What you want them to learn.*

*Buttarro&Barba,2013*

***More  
Independency***

***Self-Management  
Behaviors***

***Healthy Life Style***

***Health-Promoting  
Attitudes***



# *Foundation of Teaching-Learning for Old-aged People*

- *Teaching-learning process should be active and interesting*



- *Keep clients involved in learning conversation*
- *Use demonstration, pictures, films, ...*
- *Asking questions about what you have taught*

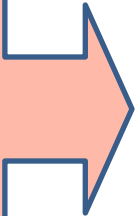
## *Utilize PVCs:*

- \*Perception of what you think they said*
- \*Validate those perceptions*
- \*Clarify any misconceptions*

# *Don't forget that old-aged people:*

- *Are responsible for their own learning*
- *Make their own decisions to learn*
- *Forget quickly*
- *Need reinforcement*
- *Need teaching materials to take with themselves*

*We can't  
force learning*



*Elderly need to understand  
the importance of the  
teaching content*

- 
- ***Set objectives*** (*pay attention to your client objectives*)

- ***Determine the content***

- ***Choose your Teaching method***

***Teaching Resources***



# ***Teaching Content:***



*Appropriate  
Time  
&  
conditions*

- ❖ ***Medications & side effects***
- ❖ ***Treatments that need to be continued***
- ❖ ***Health promotin & disease prevention:***
  - \* Behavior changes***
  - \* Life style changes***
- ❖ ***Follow up method & get feedback***



***Every interaction  
is an opportunity  
to teach.***

